



# CITY OF COLUMBIA/BOONE COUNTY, MISSOURI

## DEPARTMENT OF PUBLIC HEALTH AND HUMAN SERVICES

### DIVISION OF ADMINISTRATION

## Mumps: Frequently Asked Questions

### What is mumps?

Mumps is a contagious disease caused by a virus.

### How is mumps spread?

An infected person can spread the virus by:

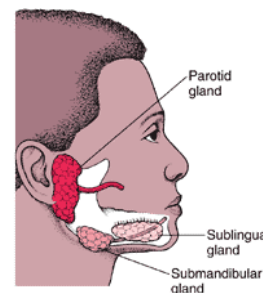
- coughing, sneezing, talking or kissing
- sharing items used by the infected person, such as cups, forks, knives, spoons, and cigarettes
- touching a surface or objects with unwashed hands that are then touched by others

### What are the symptoms of mumps?

The most common symptoms are:

- fever
- body aches
- headaches
- loss of appetite
- Pain, tenderness, and swelling of the parotid salivary glands

Only 1 in 3 people who get mumps have symptoms.



### When do symptoms appear?

Symptoms typically appear 14 to 18 days after being infected, but it can range from 12-25 days.

### Is it serious?

In most cases, mumps is pretty mild. But mumps can occasionally cause complications, including:

- inflammation of the testicles (orchitis) in males who have reached puberty; rarely does this lead to fertility problems
- inflammation of the brain (encephalitis)
- inflammation of the tissue covering the brain and spinal cord (meningitis)
- inflammation of the ovaries (oophoritis) and/or breast tissue (mastitis)
- deafness

### When are people who have mumps contagious?

People with mumps can spread mumps to others 2-3 days before they have symptoms, and five days after the symptoms appear.

### When are you considered exposed to mumps?

People within 3 feet of an infected person who coughs or sneezes are considered exposed, unless protected with gloves or a mask.

### How can you avoid spreading mumps to others?

- Stay at home for the first five (5) days after symptoms appear. Do not go to work, school, daycare, athletic practices or social events. Avoid close contact with people you live with, for example, sleep in a separate room if you can.

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- Cover your mouth and nose with a tissue when you cough or sneeze. Cough into your elbow if you do not have a tissue. Avoid coughing or sneezing into your hands.
- Do not share food, drinks, eating utensils or cigarettes.
- Wash your hands frequently with soap and water.

### **What can you do if someone in your home has mumps?**

If someone in your home (child/adult/roommate) has swelling in their cheek or jaw area, keep them at home and call your healthcare provider. If you go to a healthcare provider's office, wear a mask in the waiting room. *Remember, a person is contagious for five days after symptoms appear. A contagious person should not go to school, work, daycare, athletic practices or social events during this time.*

### **Is there a vaccine for mumps?**

Yes. It is commonly referred to as the measles/mumps/rubella (MMR) shot. The shot is given on or after a child's first birthday, and a second dose is administered before children can enter school (usually between the ages of four and six). You are less likely to get mumps if you have received the MMR shot. Please review the immunization records of everyone in your household, and if you need an MMR shot, contact your healthcare provider or the Columbia/Boone County Department of Public Health and Human Services at 573-874-7356.

### **Is there any formal recommendation to give a third dose of the MMR shot?**

The CDC does provide guidance for a third dose in outbreak situations for some populations. Based on this guidance, the MU Student Health Center recommends that MU students get a 3rd MMR vaccine.

### **Is there any danger in getting a third dose of MMR?**

No, it is safe to receive a third dose of the MMR shot.

### **Does the MMR shot start working right away?**

It takes 10-14 days to develop an immune response to the vaccine if it is the first dose. For a second dose, it is approximately seven (7) days.

### **Should children under 12 months be given MMR?**

No. Giving MMR shot to children under 12 months of age can actually lower their immunity, especially as they get older. Children under 12 months may have immunity from their mothers, if they are immune.

### **Why are so many cases occurring in vaccinated students at Mizzou?**

The mumps component of the MMR vaccine is about 88% effective when a person gets two doses; one dose is about 78% effective. That means in a room of 100 fully vaccinated people, about 80 to 90 of them will be fully protected, but about 10 to 20 people in the room are at risk for developing a case of mumps. Though the mumps vaccination cannot protect everyone, it greatly lowers the risk of getting sick after being exposed. This does not mean that the vaccine is not working; in fact, it is working as expected.

### **What are local public health officials doing about the mumps?**

- Closely monitoring any probable and confirmed cases in Boone County
- Interviewing sick people to determine if cases are linked to the outbreak at Mizzou
- Working with our partners at the CDC, the Missouri Department of Health and Senior Services, as well as local providers, such as MU Student Health, to assure that cases around the country and state potentially linked to those in Boone County are identified and followed up on
- Providing alerts and guidance to local providers
- Educating the community to prevent mumps from spreading

### **Where can I find more information about mumps?**

- Centers for Disease Control and Prevention: <https://www.cdc.gov/mumps/>

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